

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 11:00 - Orientation	4 07:00 - Bootcamp 18:00 - Hiit 30 18:30 - Hiit 30	5 09:00 - Monster Hiit	6 INJURED BACK	7 INJURED BACK	8 INJURED BACK	9 GYM - UPPER 18 INJURED BACK
10 GYM - LOWER 18	11 18:00 - Hiit 30 18:30 - Hiit 30	12 09:00 - Monster Hiit 17:30 - Bootcamp	13 12:30 - Metcon 30 18:00 - hiit 30	14 09:00 - Monster Hiit 17:30 - Bootcamp	15 12:30 - Tabata 30 18:00 - Hiit 30 18:30 - Hiit 30	16 10:00 - Group Hiit 16:00 - Monster Hiit
17	18 12:30 - SAQ 30 18:00 - Hiit 30 18:30 - Hiit 30	19 09:00 - Monster Hiit 17:30 - Bootcamp	20 12:30 - Metcon 30 18:00 - Hiit 30 18:30 - Hiit 30	21 09:00 - Monster Hiit 17:30 - Bootcamp	22 12:30 - Tabata 30 18:00 - Hiit 30 18:30 - Hiit 30	23 07:00 - Bootcamp 10:00 - Group Hiit
24 10:00 - Evaluation 11:00 - Final 12:00 - Farewell	25	26	27	28	29	30